

The Texas

School Health Bulletin

Volume 6, Issue 3

Department of State Health Services (DSHS) - Child Health and Safety Group

October 2006

www.dshs.state.tx.us/schoolhealth

Awards for Excellence in Texas School Health - 2006 Award Winners

The Department of State Health Services (DSHS) is proud to announce the winners of the 2006 Awards for Excellence in Texas School Health. Awards for Excellence, sponsored by the Texas Health Foundation and administered by DSHS, recognizes and promotes effective school health programs and initiatives that strive to continually improve the lifelong health of students, staff, and the greater school community. Additional awards are provided by the Texas Pediatric Society Foundation for programs designed to reduce obesity-related diseases among adolescents.

A banquet and ceremony to honor winners and present cash awards and plaques, will take place at the Texas School Health Association (TSHA) Annual Conference on January 26 - 27, 2007 at the Austin Airport Hilton Hotel. The conference hosts well known Texas and national speakers presenting a variety of timely, school health-related topics of interest to school administrators, nurses and teachers. We encourage anyone with an interest in school health programming to attend the TSHA conference. For more information, check out the Conference offerings feature in this Bulletin and visit the TSHA website at: www.txschoolhealth.org.

A list of the winners, their school or district, the program coordinator, (who is usually the creator of the program and the contact person) the district superintendent, the title of the project, the award category, the sponsor and amount of the award follows. Congratulations to all the 2006 award winners.

Awards for Excellence in Texas School Health

Awarded and sponsored by the Texas Health Foundation for success in planning, implementing and evaluating an effective initiative or program to address identified student and/or staff health needs.

Excellence (\$1,500 award)

- Ft. Sam Houston Elementary, Robin Harvel, RN, Coordinator, Mary Kelly, Interim Superintendent, FSHISD "School Health Helper"
- Little Cypress-Mauriceville CISD, Susan Bayliss, RN, Coordinator, Pauline Hargrove, Superintendent "Minding the Business of Health: CATCH on to Healthy Behavior"
- Timmerman Elementary, Diane Spellings, RN, Coordinator, Dr. Patricia Pickles, Superintendent, Pflugerville ISD "School Based FluMist Clinic"

Outstanding (\$1,000 award)

- Lampasas ISD, Jamie Jones, RN, Program Coordinator, Dr. Bryant Myers, Superintendent "STEPS to a Healthier You"
- Jacksonville ISD, Jamie Maddox, Program Coordinator, Stuart Bird, Superintendent "Family Walk Night/Family Fitness Event"
- Belton ISD, Pat Sleeth, RN, Program Coordinator, Dr. Vivian Baker, Superintendent "Walk Across Texas"



2005 Awards for Excellence Hallsburg ISD winners accepting their award from Texas Health Foundation Board member Dr. Charlotte Scott and former DSHS Commissioner Eduardo Sanchez.

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**Texas Department of State Health Services
School Health Program
“How to be Healthy for a Lifetime”
Poster Contest**

The School Health Program of the Department of State Health Services (DSHS) is excited about a great opportunity for one of your students to inspire, educate, inform and connect people all over Texas by participating in the How to be Healthy for a Lifetime Poster Contest. One poster each, from grade level categories K-2, 3-5 and 6- 8 and 9-12 will be chosen to represent all K-12th grade children of Texas as they study, learn and practice healthy lifestyle behaviors taught through the district's coordinated school health program. The winning selections will be posted as a regular feature on the DSHS School Health Program Web site homepage and other selected publications. Additionally, the winners will be announced through the School Health Program's quarterly and weekly publications, receive a framed Achievement Award and receive personal letters of appreciation from the Texas Commissioners of Health and Education.

**Deadline:
December 1, 2006**

The contest rules, qualifying and judging criteria, mailing instructions, a complete description of the winners' award package, the contest entry form and a DSHS Release Form for permission to publish the winning entries are available to download from the DSHS School Health Program Web site at www.dshs.state.tx.us/schoolhealth. A flyer about the contest to notify parents and the school community is on page 3 of this Bulletin. Feel free to share this with PTAs, boys and girls clubs, after school programs, community centers, etc. to broaden distribution and increase chances your students will participate.

For more information contact Ellen Kelsey at the DSHS School Health Program at ellen.kelsey@dshs.state.tx.us or call 512-458-7111, ext. 2140.



“HOW TO BE HEALTHY FOR A LIFETIME” POSTER CONTEST



Deadline: December 1, 2006

Sponsored by the
Texas Department of State Health Services,
School Health Program

WHO CAN ENTER?

All K- 12th grade students in Texas public,
private or charter schools



BENEFIT TO STUDENTS

One or more of your students could be chosen to represent
all the children of Texas as they study, learn and practice
healthy lifestyle behaviors.

AWARDS PACKAGE

Posting the winning selections as a permanent fixture of
the Department of State Health Services **School Health
Program Web site homepage**, framed achievement award
and personal letters for the Texas Commissioners of Health

and Education are just part of the awards package for the student. Benefits for the
school and the district as well.

A VISION TO SHARE

We encourage you to take advantage of this
opportunity for one of your students to inspire,
educate, inform and connect people all over
Texas through their vision of what it means
“To Be Healthy for a Lifetime”.



HOW TO ENTER?

For contest rules, entry form, criteria, mailing instructions, etc. visit the School Health
Program Web site at: www.dshs.state.tx.us/schoolhealth and for answers to your
questions, contact Ellen Kelsey at the DSHS School Health Program at
ellen.kelsey@dshs.state.tx.us or call (512) 458-7111, ext. 2140.

SCHOOL HEALTH PROGRAM WEBSITE

www.dshs.state.tx.us/schoolhealth/

The **GO TO** Place

For **WHERE TO GO** for School Health Information.



Greetings! Welcome to the 2006-07 school year and new beginnings for the School Health Program. We have a new focus for the Program that has kicked us into high gear! We want to be your *go to* place for school health information. And we have come up with some exciting strategies to help us serve you better so you'll know right *where to go* for the most comprehensive and current school health information, strategies and resources. And it all starts with the newly revised (and work in progress) School Health Program Web Site... www.dshs.state.tx.us/schoolhealth

1. The Texas School Health Bulletin is now only available on the School Health Program Web site at www.dshs.state.tx.us/schoolhealth/fridaybeat.shtm. Paper copies will no longer be mailed to subscribers. If you received Bulletins by postal mail in the past, you will instead now receive an email each time an issue of the Bulletin is posted on the Web.
2. The School Health Program Web site has been updated, made more user friendly and is full of lots of school health education and health services resources and links. In the future, we plan on having training materials, school health products and processes, as well as more interactive programs and projects such as the poster contest offered on page 3 of this issue.
3. New resources have been developed such as the newly revised bilingual English/Spanish pamphlet on answers parents need in dealing with children and head lice and the School Health Advisory Council Guide for Texas School Districts and accompanying power point training aide.
4. The Texas School Health Advisory Committee members have been appointed and the first committee meeting was held on October 16th to talk about the future of school health in Texas. A report on the outcome will be published in the next issue of the School Health Bulletin. Visit their Web page at www.dshs.state.tx.us/schoolhealth/shadvise.shtm to learn more about this newly legislated committee and meet the members.
5. Our partnership with the Texas Education Agency and the Texas Department of Agriculture is secure and continues to grow. Program projects such as training the Education Service Center School Health Specialists to provide trainings to district personnel on Coordinated School Health programming and district school health advisory councils have been planned, promoted and initiated collaboratively. Promotion and referral of each other's Web site, newsletters and programs/projects has become routine. Agency commissioners attend each other's public functions as a team and membership on state committees with one voice is standard.
6. Program staff will be gearing up for the 80th Legislative session this January as we once again prepare background information on much anticipated school health legislation.

The excitement in the School Health Department is evident. Knowledgeable, seasoned school health program staff are in place to give you answers to your questions and put you in touch with resources you need. You can meet our staff, see the programs and projects they support and contact them directly by phone or email at www.dshs.state.tx.us/schoolhealth/staff.shtm. Or, if you aren't sure who to contact, the School Health Program can always be reached by contacting the general numbers: 512-458-7279 by phone or email: schoolhealth@dshs.state.tx.us. We hope you will take full advantage of what the School Health Program has to offer. And, as always, comments about the program as well as your questions are always appreciated.

We want to hear from you. What do you want to hear from us?

Regards,

A handwritten signature in black ink, which appears to read "Ellen Kelsey".

Ellen Kelsey, Information Specialist and Managing Editor
School Health Program, Child Health and Safety Group

School Health Announcements

New Texas Law: 2005, 79th Legislative Session - Effective Immediately

SELF-ADMINISTRATION OF PRESCRIPTION ASTHMA OR ANAPHYLAXIS MEDICINE BY STUDENTS

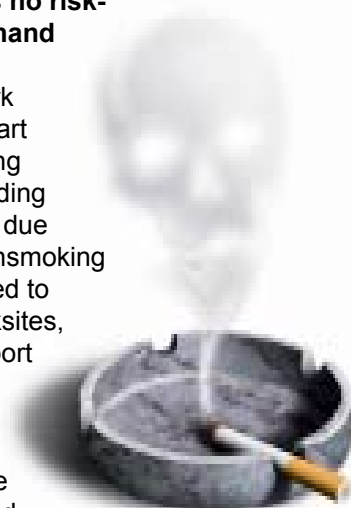
ARTICLE 10. HEALTH AND SAFETY (Code)

SECTION 10.01. The heading to Section 38.015, Education Code, is amended to read as follows: Sec. 38.015. SELF-ADMINISTRATION OF PRESCRIPTION ASTHMA OR ANAPHYLAXIS MEDICINE BY STUDENTS. SECTION 10.02. Sections 38.015(a) and (b), Education Code, are amended to read as follows: (a) In this section: (1) "Parent" includes a person standing in parental relation. (2) "Self-administration of prescription asthma or anaphylaxis medicine" means a student's discretionary use of prescription asthma or anaphylaxis medicine. (b) A student with asthma or anaphylaxis is entitled to possess and self-administer prescription asthma or anaphylaxis medicine while on school property or at a school-related event or activity if: (1) the prescription [asthma] medicine has been prescribed for that student as indicated by the prescription label on the medicine; (2) the student has demonstrated to the student's physician or other licensed health care provider and the school nurse, if available, the skill level necessary to self-administer the prescription medication, including the use of any device required to administer the medication; (3) the self-administration is done in compliance with the prescription or written instructions from the student's physician or other licensed health care provider; and (4) [(3)] a parent of the student provides to the school: (A) a written authorization, signed by the parent, for the student to self-administer the prescription [asthma] medicine while on school property or at a school-related event or activity; and (B) a written statement from the student's physician or other licensed health care provider, signed by the physician or provider, that states: (i) that the student has asthma or anaphylaxis and is capable of self-administering the prescription [asthma] medicine; (ii) the name and purpose of the medicine; (iii) the prescribed dosage for the medicine; (iv) the times at which or circumstances under which the medicine may be administered; and (v) the period for which the medicine is prescribed. ★



A Report of the Surgeon General: "The Health Consequences of Involuntary Exposure to Tobacco Smoke"

U.S. Surgeon General Richard H. Carmona released a comprehensive scientific report on June 27, 2006 which concluded that **there is no risk-free level of exposure to secondhand smoke**. Nonsmokers exposed to secondhand smoke at home or work increase their risk of developing heart disease by 25 to 30 percent and lung cancer by 20 to 30 percent. The finding is of **major public health concern** due to the fact that nearly half of all nonsmoking Americans are still regularly exposed to secondhand smoke in homes, worksites, schools, and public places. The report finds that even brief secondhand smoke exposure can cause immediate harm and that the only way to protect nonsmokers from the dangerous chemicals in secondhand smoke is to eliminate smoking indoors. The full report and a report to the public entitled "What It Means to You," and other information is on the Centers for Disease Control and Prevention's (CDC) Office on Smoking and Health Web site at www.cdc.gov/tobacco/sgr/sgr_2006/index.htm. More information on smoking from the CDC can be accessed from www.cdc.gov/tobacco and the Division of Adolescent and School Health Web site at www.cdc.gov/healthyyouth. In Texas, visit the DSHS Tobacco Prevention and Control Unit at www.dshs.state.tx.us/tobacco/default.shtm for state-wide resources. ★



Government Recommends Vaccination Against HPV for 11- and 12-Year Old Girls

The immunization panel for the Centers for Disease Control and Prevention (CDC) unanimously recommended Gardasil as a routine 3-dose vaccination for 11- and 12-year old girls. The vaccine, which was licensed earlier this month by the Food and Drug Administration, protects against the sexually transmitted human papillomavirus (HPV) that causes cervical cancer, is likely to be adopted as standard procedure by pediatricians; and health insurance companies may pay for vaccines. The vaccine is intended for girls before they become sexually active and exposed to HPV. Therefore, females as young as nine and those between 13- and 26-years old could also receive the shot at their doctor's discretion. For more information from the CDC, go to www.cdc.gov/od/oc/media. ★



Awarded and sponsored by the Texas Health Foundation for success in planning, implementing and evaluating an effective initiative or program to address identified student and/or staff health needs.



**Previous Winner - A
continuation of a prior
winning AFE program (\$1,200 award)**

- Waxahachie ISD, Kris Rencher, RN, Program Contact, James Wilcox, Superintendent
"Health - The Gift that Keeps on Giving"
- Rose Shaw Special Emphasis School, Nelda Silva, Contact, Mary Kelley, Interim Superint., Corpus Christi ISD *"Healthy Bodies...Healthy Minds"*

**Texas Pediatric Society Foundation Sponsored
Winners (\$1,000 each)**

Awarded for success in promoting and implementing nutrition and physical activity programs designed to reduce obesity-related diseases among adolescents.

- J.S. Gillett Intermediate, Pat Hayes, Coordinator, Dr. Rudy Lopez, Superintendent, Kingsville ISD
"Wellness/Health"
- Cannon Elementary, Susan Molle, RN, Coordinator, Kay Waggoner, Superintendent, Grapevine/Colleyville ISD
"Cannon Road Runners"
- Little Cypress-Mauriceville CISD, Susan Bayliss, RN, Program Coordinator, Pauline Hargrove, Superintendent
"Minding the Business of Health: CATCH on to Healthy Behavior"
- Sterling City Elementary School, Amanda Krejci, Coordinator, Ronnie Krejci, Superintendent, Sterling City ISD, *"Getting Into the Zone with Fitness and Nutrition"*

DSHS encourages any school or district in Texas, public or private, with a health program that has been in place for at least one year, to apply for an Award for Excellence. The goals for the program are to provide recognition and funding to effective school health programs; and, present those programs as models for other Texas schools.

The application for the 2007 competition will be available November 2006.

To find out more and access the application, visit the School Health Program Web site at:

www.dshs.state.tx.us/schoolhealth/awards.shtm
or call (512) 458-7279.

For more information, visit the DSHS Awards for Excellence website at:

www.dshs.state.tx.us/schoolhealth/awards.shtm
or contact us directly at the School Health Program, Child Health and Safety Group at (512) 458-7111, ext. 2140.

Introducing. . .

Cathy Harris, R.N., BSN

School Health Specialist

Region XVIII Education Service Center

Cathy Harris, R.N., BSN is returning to the School Health Network as a School Health Specialist for Education Service Center (ESC) Region XVIII. The Region office is in Midland and boasts the largest geographical area of all the 20 ESCs, covering 37,000 sq. miles and serving 33 school districts. Cathy's experience with students, teachers, school staff and those in the community in delivering school health education and health services resources and training, make her more than qualified for the challenge. Cathy was the Health Services supervisor for Midland ISD for eight years. From 1988-97, she was Region XVIII's School Health and HIV Education Specialist. Prior to that, she was the school nurse for K -12th grade with Greenwood ISD.

Cathy's passion for quality school health programs is apparent in the long list of statewide honors and leadership positions. She is a Fellow of the National School Health Coordinators Leadership Institute, and current President-elect of the Texas School Nurses Organization (TSNO). She conducts statewide workshops on various topics such as working effectively with committees, handling sensitive issues, stress management, coordinated school health and school health advisory councils. As a member of TSNO, she helped develop implementation strategies for HB984: *Care of Students with Diabetes*. She received a Texas Pediatric Foundation Society's Award for Excellence in School Health in 2005 while she worked for Midland ISD.

Please join us in welcoming Cathy Harris back to the School Health Network.

Jenni Price, R.N., School Health Specialist,

Region XV Education Service Center

We would like to introduce Jenni Price, R.N., a new School Health Specialist who joined the Texas School Health Network May 2006. Jenni serves the Region XV Education Service Center area in San Angelo and will be working with 43 school districts in 18 counties on coordinated school health and cancer control programs. Prior to working as a Specialist in Region XV, Jenni was an Obstetrics and Gynecology nurse at San Angelo Community Medical Center in San Angelo backed by 10 years prior experience. Jenni received an Associate of Applied Science in Nursing degree from Angelo State University and is currently seeking a degree in higher education. And, on a much more personal note...she has two children: ages two and one month.

Please join us in welcoming Jenni to the Texas School Health Network. ★

CONTACT... For those of you in the Region XVIII ESC area and would like to know what kind of support can be provided, Cathy can be contacted at 432-567-3279 or caharris@esc18.net. If you are in the Region XV ESC area contact Jenni at 325-658-6571 or jenni.price@net.xv.net

To find your School Health Specialist and/or the ESC that serves your area, visit www.tea.state.tx.us/ESC

Blood Borne Pathogen Policy

By Anita Wheeler, R.N., B.S.N., C.P.N.

Nurse Consultant and School Health Program Coordinator
Department of State Health Services

School districts are required to have a Blood Borne Pathogen Policy (BBPP) and provide personal protective equipment. Additionally, schools are required to update employees annually on the district policy. Last session a bill was introduced that necessitates a review of current policy. If necessary, revisions need to be made that comply with new legislation.



House Bill 984 (79th session) relates to the care of elementary and secondary students with diabetes. It requires a Diabetes Management and Treatment (DMT) plan for students who will seek care for their diabetes during the school day. It also requires the development of an Individualized Health Plan (IHP) in order to coordinate the unique care of the health needs of students with diabetes in the school setting. Finally, training of Unlicensed Diabetes Care Assistants is required based on guidelines set out by the Texas Diabetes Council.

In supporting the student with diabetes, it is important to allow for independence in managing and monitoring their condition. The law states that in accordance with the IHP, a school shall permit the student to attend to the management and care of the student's diabetes at the level outlined in the IHP. This could include: performing blood glucose checks, administering insulin through the insulin delivery system the student uses, treating hypoglycemia and hyperglycemia and possessing the supplies or equipment necessary. It also states that the child can attend to the self-management outlined in the IHP in the classroom, in any area of the school grounds, or at any school related activity. The procedures involved with monitoring and treating diabetes include the use of sharps in both obtaining the blood glucose level and possibly the injection of insulin and glucagon.

With the monitoring and treatment taking place in multiple settings, it is important to address these issues in the district BBPP and make sure that district policy outlines what should be done to both assist the student with diabetes as well as follow standard procedures in dealing with sharps and blood/body fluids.

In developing policy, it is important to address the needs of all students while supporting self-management as outlined in the law. Additionally, procedures must be in place to assure that children are supported in self-care and given instruction on the specifics related to self-care in the school setting.

With policy and procedures in place that are congruent, schools take a proactive step in maintaining a safe environment for students and staff. As more and more children are coming to school with more complex health issues, schools can be a partner in assisting students and their families in supporting self-management and care. To find out more visit the School Health Program Web site at www.dshs.state.tx.us/schoolhealth/bldbrnpt.shtm

Questions about this article can be directed to Anita Wheeler, R.N., School Health Program Coordinator, Child Health and Safety Group, Texas Department of State Health Services; anita.wheeler@dshs.state.tx.us.



School Health Announcements (continued)

U.S. Congress - Senate Bill 2592 Addresses Food of Minimal Nutritional Value in Schools Across the Nation

Senate Bill 2592, if passed, would amend the Child Nutrition Act of 1966 to have all foods in schools across the nation meet the "foods of minimal nutritional value" standard. This would apply to all foods sold



outside the school meal programs, on the school campus, and at any time during the

school day. The exception would be fundraisers approved by the school and occurring infrequently. For more information, please go to this link:

<http://thomas.loc.gov/cgi-bin/query/z?c109:S.2592>: ★

2006 Shape of the Nation Report: Status of Physical Education in the USA -

The National Association for Sport and Physical Education (NASPE) and the American Heart Association have published the *2006 Shape of the Nation Report: Status of Physical Education in the USA*. The complete report, including mandates, executive summary, state policies profiles, and the press release are available at www.aahperd.org/naspe/shapeofthenation. This report brings attention to the importance of quality, daily physical education programs for all school age children and provides information to use for expanding and improving physical education programs. This information can be used in presentations, letters, and other means of communication with federal and state policymakers, the media, and the general public in ongoing efforts to communicate the importance of physical education and activity in schools. ★

Soft Drink Companies Will Limit Sales of Soft Drinks to Schools

The Alliance for a Healthier Generation, a joint effort between American Heart Association and the Clinton Foundation has brokered an agreement with the nation's largest beverage distributors who have agreed to halt nearly all soda sales to public schools. Under the agreement, the companies have agreed to sell only water, low-fat milks, and unsweetened juice to elementary and middle schools. Diet sodas would be sold only to high schools. Cadbury Schweppes PLC, Coca-Cola Co., PepsiCo Inc. and the American Beverage Association have all signed onto the deal that will affect nearly 35 million students nationwide. The companies will work to implement the changes at 75 percent of the nation's public schools by the 2008-2009 school year, and at all public schools a year later. For more information, go to: <http://abcnews.go.com/GMA/print?id=1916984> ★

Information

Report: Recommended Actions to Fight Childhood Obesity for Food Companies and Media

The Federal Trade Commission (FTC) and the Department of Health and Human Services (HHS) recommends steps industry can take to change their marketing and other practices to make progress against childhood obesity. The report is a product of a joint FTC/HHS workshop, which provided a forum for industry, consumer, academic, and government stakeholders to examine the role of the private sector in addressing rising childhood obesity rates in the United States.

FTC plans to monitor industry efforts closely, with an expectation to see real improvements.



Some of the recommendations from the Federal Trade Commission/Health and Human Services workshop:

- Intensify food company efforts to create new products to make them lower in calories, more nutritious, and more appealing to children;
- help consumers control portion sizes and calories through smaller portions;
- explore labeling initiatives in a manner that does not mislead consumers;
- revise marketing practices to improve nutritional profile of foods marketed to children;
- improve efforts to educate consumers about nutrition and fitness;
- revise company policies to improve products sold in schools;
- develop promotions and conduct outreach efforts to specific racial and ethnic populations in communities where childhood obesity is more prevalent;
- when considering efforts to promote better nutrition and fitness, food companies should tailor specific nutritious, low-calorie food, and physical activity programs, activities and, messages to special populations; and,
- media should develop and disseminate educational messages about nutrition and fitness that are simple, positive, and repeated consistently.

The report is available from the FTC's Web site: www.ftc.gov ★

GLSEN & Metropolitan Community Churches Partner in Unique Training

The Gay Lesbian & Straight Education Network (GLSEN), and Metropolitan Community Churches (MCC) are sponsoring a series of Teacher/Educator Training Workshop in selected cities across the U.S. to provide teachers and other allies in education a more in-depth understanding of how to address anti-lesbian, gay, bisexual and transgender (LGBT) bias in their schools and to make them safer for all students, regardless of sexual orientation or gender identity. Many times teachers, counselors and administrators often do not intervene in incidences of anti-lesbian, gay, bisexual and transgender name-calling and harassment. The trainings help to encourage, enlighten and empower school personnel to make changes. The first joint training program in March reached over-capacity and was an overwhelming success. ★

To register for the training, please visit www.mcccchurch.org/glsen-mcctraining. If you are interested in scheduling a Teacher/Educator Training Workshop in your area, contact TOT@glsen.org.



Training dates and locations

Oct. 14 - City of Angels MCC,
Los Angeles, CA.

Oct. 20-21 - Valley Ministries MCC,
Stockton, CA.

Nov. 3 - Resurrection MCC,
Houston, TX.

Texas Department of Agriculture's Nutrition Materials Online!



Texas Department of Agriculture's (TDA) recently developed and launched a new online ordering form for an easier and more effective way to assist Texas public schools with requests for nutrition materials. Available at www.squaremeals.org, simply follow the directions to view everything from educational materials and promotional items to posters for your school food service operation. TDA will fill orders as supplies are available. ★

Strategic Plan for the Prevention of Obesity in Texas: 2005 - 2010

The DSHS Health Promotion Unit released a new 5-year *Strategic Plan for the Prevention of Obesity in Texas*. This is a revision to the original plan first developed in 2003. The new version extends the first plan to include:

- Expanded focus to include all age groups,
- Proposed Texas targets for each goal in the plan,
- Expanded strategies, and
- Action items for families, schools and child-care centers, communities and local governments, worksites, business and industry, healthcare industry, state government and statewide organizations.

The plan also contains a wealth of resources to consider as you use the strategies to develop your local plans using the strategies suggested. The Strategic Plan can be downloaded at: www.eatsmartbeactivetx.org. If you have questions or need additional information contact Kim Bandelier at (512) 458-7111 ext. 2126 or e-mail at: Kim.Bandelier@dsht.state.tx.us. ★

Conferences

Texas School Nurses Association Conference

November 10 – 12, 2006
El Paso Marriott Hotel
El Paso Convention Center
El Paso, Texas
www.texaschoolnurses.org/conference.htm

Texas School Health Association Conference

January 26 – 27, 2007
Airport Hilton Hotel
Austin, Texas
Contact: Kelly Wilson,
Conference Chairperson at
(512)-245-4373 or
kw25@txstate.edu

Texas Association of School Based Health Centers 11th Annual Conference

February 22 – 24, 2007
Holiday Inn Arboretum
Austin, Texas
Contact: Lisa Kimmey-Walker,
Conference Chairperson at
(281) 762-8383 or
Lisa.Kimmey-Walker@memorialhermann.org

Public Schools Playground Safety

By Terry Johnson, R.S.

Policy/Standards/Quality Assurance Unit
Environmental Consumer and Safety Section
DSHS, Division of Regulatory Services

Each year, more than 200,000 children go to U.S. hospital emergency rooms with injuries associated with playground equipment. Most injuries occur when a child falls from the equipment onto the ground.

On September 1, 1997 the Texas Legislature passed Health and Safety Code, Chapter 756.061, Subchapter E, Publicly Funded Playgrounds. The law states that playground equipment purchased or installed using public funds after September 1, 1997, must substantially comply with each applicable provision of the U.S. Consumer Product Safety Commission (CPSC), Handbook for Public Playground Safety, Publication No. 325. A copy of the handbook may be downloaded from the CPSC website at www.cpsc.gov/cpsc/pub/pubs/325.pdf and a playground fact sheet may be downloaded at www.cpsc.gov/cpsc/pub/pubs/Playfct.pdf.

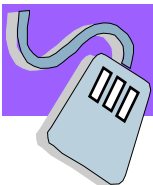
The beginning of the school year is the time to think about playground safety. Use this simple checklist now to help make sure your school playground is a safe place to play. We'd also encourage you to share this checklist with others in your school that might also have a need to know this information. ★



Public Playground Safety Checklist

1. Make sure surfaces around playground equipment have at least 12 inches of wood chips, mulch, sand, or pea gravel; or, mats made of safety-tested rubber or rubber-like materials. This protects children in the event of falls from equipment. Asphalt, concrete, grass, and turf are not acceptable surfacing materials.
2. Check to see that protective surfacing extends at least 6 feet in all directions from play equipment. For swings, surfacing should extend in back and front, twice the height of the suspending bar.
3. Play structures more than 30 inches high should be spaced at least 9 feet apart.
4. Look for dangerous hardware, like open "S" hooks or protruding bolt ends that can catch children's clothing and become a strangulation hazard; or, cause bodily harm in other ways. An "S" hook is considered closed if there is no gap or space greater than 0.04 inches. The gap should not be wider than a dime.
5. Make sure spaces that could trap children, such as openings in guardrails or between ladder rungs, measure less than 3.5 inches or more than 9 inches. Openings that are between 3.5" and 9" present a head entrapment hazard because they are large enough to permit a child's body to go through, but are too small to permit the head to go through. When children enter such openings, feet first, their head may become trapped which could lead to strangulation very quickly – even with supervision.
6. Check for sharp points or edges in equipment (see #4).
7. Look out for tripping hazards, like exposed concrete footings, tree stumps, rocks and edging around pathways.
8. Make sure elevated surfaces, like platforms and ramps, have guardrails to prevent falls.
9. Check playgrounds regularly to see that equipment and surfacing are in good condition.
10. Carefully supervise children on playgrounds to make sure they're safe and are using equipment appropriately.

For additional information, please contact, Terry Johnson, Environmental Health Group, at the Department of State Health Services, (512) 834-6773 ext. 2270 or email terry.johnson@dshs.state.tx.us.



CLICK IT! For On-Line Resources

A Circle of Ten, Inc. Network for Collaboration

www.circleof10.org, A Circle of Ten, Inc. (C10), a nonprofit agency, has trained and supported leaders to multiply partnerships impacting economic development since 1996. The C10 Network consists of over 820 staff and volunteers from non-profit agencies, churches, schools, hospitals, colleges, businesses and towns who have completed the *Process of Collaboration* workshop and support services to realize their dreams. Through their Rural Collaboration Resource Center, C10 connects people with resources through services, training and support to build individual and agency capacity; and through inclusion in regional Initiatives. ★

Funding Information Center

www.dshs.state.tx.us/fic

The Funding Information Center's (FIC) mission is to help organizations in Texas pursue public health funding opportunities by disseminating funding information. The FIC was established in January 1990 to serve as a statewide clearinghouse for information on funding to support HIV/AIDS related programs. The scope of FIC coverage has since expanded to include almost all public health interests and many social service issues. From 1990 to 2003, FIC has helped Texas organizations secure at least \$180.7 million in public and private funding to support public health-related programs and services. ★

Advocates for Youth

www.advocatesforyouth.org

Established in 1980 as the Center for Population Options, Advocates for Youth champions efforts to help young people make informed and responsible decisions about their reproductive and sexual health.



Advocates believes it can best serve the field by boldly advocating for a more positive and realistic approach to adolescent sexual health. Advocates for Youth envisions a society that views sexuality as normal and healthy, and treats young people as a valuable resource. ★

UCLA Center for Mental Health in Schools

www.smhp.psych.ucla.edu

This organization's mission and aims are to improve outcomes for young people by enhancing the field of mental health in schools. Specifically, the emphasis is on increasing the capacity of policy makers, administrators, school personnel, primary care health providers, mental health specialists, agency staff, consumers, and other stakeholders so that they can enhance how schools and their communities address psychosocial and mental health concerns. ★



TEA TRACKS

Information and Updates from the Texas Education Agency



By Marissa Rathbone, Director of Health and Physical Education

The State Board of Education met on July 6th and 7th to address a variety of curriculum-related matters. Their agenda included a review of the language approved for first reading during the April meeting that addressed Senate Bill 42's physical activity requirements for middle and junior high school students. They approved language that can be reviewed in Chapter 74 at the following website: www.tea.state.tx.us/rules/tac/chapter074/ch074c.html.

If you have any questions or information you would like to see from TEA in future issues of the Bulletin, please feel free to contact me directly via phone at 512-463-9581 or by email at Marissa.Rathbone@tea.state.tx.us. ★

TEA TRACKS is a regular feature of the School Health Bulletin. Comments or suggestions can be directed to www.dshs.state.tx.us/schoolhealth or call (512) 458-7111, ext. 7279. Please refer to this article by name when communicating.

DSHS is Pleased to Announce Two New Resources

School Health Advisory Councils: A Guide for Texas School Districts

School Health Advisory Councils: A Guide for Texas School Districts is designed specifically for Texas to help establish effective school health advisory councils. Appropriate for school district personnel, school board members, community leaders and stakeholders, the guide includes basic principles of an effective SHAC, their function, and information on recruitment and orientation for new members. You can download the SHAC Guide from the School Health Program Web site, School District Health Advisory Council home page at: www.dshs.state.tx.us/schoolhealth/sdhac.shtm. For more information contact Mike Hill, Program Administrator, DSHS School Health Program at mike.hill@dshd.state.tx.us or call 512-458-7111, ext. 3307.



Everything You Need to Know About HEAD LICE

Bilingual English/Spanish – Stock Number 1-29.

RELEASE DATE: NOVEMBER 2006

This updated version of the former and now discontinued head lice pamphlet targets parents who need or want to know about head lice in children. Enhancements to the new, upbeat and colorful poster/pamphlet include current and more inclusive and welcoming information for all caregivers of children. And, most significantly, two pamphlets have been transcreated into one bilingual English/Spanish language pamphlet. One product designed for both audiences will reach a broader population base and offer a solution for teachers who have faced ordering dilemmas in the past.



“Everything You Wanted to Know.....” covers everything from “What is head lice?; Will it cause my child harm?” and, “How do I know if my child is infested?”; to, “How do I get rid of them – What should I use and not use?”; and, “How do I keep my child from contracting lice again?”

When the lice problem can't be resolved at home, it supports parent's efforts to get the school involved and suggests how to help school personnel with a school-wide infestation.

The pamphlet is designed for use by schools with a lay audience; specifically parents and other caregivers. It is available at no charge and can be downloaded for multiple copy use through the School Health Program Web site at www.dshs.state.tx.us/schoolhealth. Paper copies limited to 100, can be ordered free of charge from the DSHS Forms and Literature Order System by visiting <http://dbs.dshs.state.tx.us/mamd/litcat/default.asp>



PLEASE CHECK THE SCHOOL HEALTH PROGRAM WEB SITE IN NOVEMBER FOR ITS ARRIVAL. We will also announce its posting in the weekly Friday Beat. For more information or questions, contact Ellen Kelsey, Information Specialist, School Health Program at ellen.kelsey@dshs.state.us.tx or phone (512) 458-7111, ext. 2140. ★



For more information on the Texas School Health Network, contact Mike Hill, Texas School Health Network Project Coordinator, DSHS School Health Program, (512) 458-7111, ext. 3307 or mike.hill@dshs.state.tx.us

Idea Catcher Corner

Information and Updates from your Education Service Center

School Health Specialists

By Mike Hill, Texas School Health Network Project Coordinator,
School Health Program, Child Health & Safety Group, DSHS

Top Tips for Successful Training

School Health Specialists share TOP TIPS for generating or implementing successful trainings they have developed and refined over time.

Region I: Clara Cáceras Contreras

How to Influence Schools to Send a Team to SHAC Training

- #1 Secure a commitment from the Regional Executive Director to send a directive that their superintendents attend your training.
- #2. Secure a commitment from the Regional Executive Director for them to send a letter to each superintendent to contain at least the following:
 - Site the existing law relating to the training that impacts them
 - Casually mention the workshop which helps them meet the requirement
 - Include flyer of workshop announcement
 - Include School Health Specialist as contact person

Contact Clara at: clara.contreras@esconett.org or (956) 984-6125.

Region XI: Mariette Burt

School Nurse Administrator Training

- #1 Recruited 3 school nurse administrators who were veterans in their field.
- #2 Two separate workshops were offered
- #3 Topics were relevant and included:
 - Planning and implementing staff development
 - Hiring school nurses
 - Evaluating nurses
 - State requirements for vision, hearing, spinal, acanthosis nigricans, immunization and infectious disease reporting
 - Communicating effectively with administrators and staff
 - Standards of care

Contact Mariette at: mburt@esc11.net or (817) 740-7637.

Region VI: Lindy Haley

Annual Nurses Conference

- #1 100 nurses attended the May conference
- #2 Recruited 3 speakers who provided 5 hours, Type 1, CNE credit
- #3 Offered calibration for their audiometers
- #4 Many door prizes were given away; and, lots of other freebies including refreshments were donated.

Contact Lindy at: lhaley@esc6.net or (936) 435-8215. ★

The School Health Specialist's Idea Catcher Corner is regular feature of the Texas School Health Bulletin. Comments or suggestions can be directed to www.dshs.state.tx.us/schoolhealth or call (512) 458-7111, ext. 7279. Please refer to this article by name when communicating.

Texas School Health Bulletin,

Vol. 6, Issue 3; Oct. 2006



The Bulletin is
sponsored in
part by the
School Health
Program and the
Texas Health Foundation



Published by the School Health
Program, Child Health & Safety
Group, Health Promotion Unit,
Texas Department of State
Health Services
1100 West 49th Street
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View this and previous issues of
the Texas School Health Bulletin
by visiting our Web site:
[www.dshs.state.tx.us/
schoolhealth/program.shtm](http://www.dshs.state.tx.us/schoolhealth/program.shtm)

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School Health Bulletin** should
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tx.us/schoolhealth](http://www.dshs.state.tx.us/schoolhealth) or call:
(512) 458-7111, ext. 7279.
Please refer to specific feature,
by title when communicating.

As of Sept. 1, 2005, in addition and
if available in physical format, this
publication will be accessible to all
subscribers on the School Health
Program Internet Web site at [www.
dshs.state.tx.us/schoolhealth](http://www.dshs.state.tx.us/schoolhealth), as
codified in House Bill 423. Paper
copies of the Bulletin are no longer
available. You will be notified via
email when each issue of the
Bulletin is published and posted to
the Web site, and provide you with
a link to the publication.

DSHS Publication #05-10958



2006 Health Observances and Recognition Days

The National Wellness Institute
publishes this helpful calendar on their
web site at www.nationalwellness.org
as a service to its membership and the
general public. Use this information to
create themes with your lesson plans,
bulletin boards, staff wellness activities
and all-school family/community events
as you plan for health-related events and
activities throughout the year.

To help support your plans, many of the
sponsoring organizations offer free or low
cost materials to complement their special
day or month. Visit their web sites for the
latest information.

The Health Observances and Recognition
Days calendar is a regular feature of the
Texas School Health Bulletin. If you have
found a creative way to use this resource
or, held a successful event or activity using
one of the observances as your theme and
would like to share it with our membership
through the Bulletin, please contact me at
ellen.kelsey@dshs.state.tx.us.

Information appearing in this newsletter
does not represent an endorsement by the
Department of State Health Services. For
information, contact the sponsoring orga-
nization directly.

October - December, 2006 Calendar

October

American Heart Walk

Children's Health
Month

National AIDS
Awareness Month

National Breast Cancer
Awareness Month

National Dental Hygiene
Month

National Depression
Screening Month

2 Child Health Day

2-6 International
Walk-to-School Week

9-13 National School
Lunch Week

10 World Mental
Health Day

16 World Food Day

16-22 National Health
Education Week

23-31 National Red
Ribbon Campaign

November

American Diabetes
Month

Great American
Smokeout Month

2 Child Health Day

2-6 International
Walk-to-School
Week

10 World Mental
Health Day

16 World Food Day

16-22 National Health
Education Week

National Child Mental
Health Month

13-19 World Kindness
Week

16 Great American
Smokeout

19-25 National
Family Week

23 National Family
Health History Day

December

Safe Toys and
Gifts Month

Nov 23-Jan 1 Tie
One On For
Safety Campaign

1 World Aids Day

3-9 National Hand
Washing
Awareness Week